

NOVEMBER 2026		 			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-6 November	Courgette soup Chicken or vegan bites in curry sauce with jasmine rice  Fresh melon	Chickpea stew  Baked sea bream or tofu sautéed with vegetables and “pico de gallo”   Plain yoghurt with strawberries 	 (United States) Coleslaw  Beef or vegan burger with cheese and crispy onions, served with potato wedges     Banana with cocoa	Caesar or vegetarian salad     Whole-wheat pasta with vegetables and diced salmon, or vegan Bolognese     Fresh pineapple	Vegetable stir-fry with rice  Crispy duck or Heura with teriyaki sauce  Fruit salad
Alternative option:	<i>Sautéed green beans</i>	<i>Roasted sweet potato chips</i>	<i>Sautéed peas with vegetables</i>	<i>Pumpkin soup</i>	<i>Lentil and pomegranate salad</i>
9-13 November	Broccoli and cauliflower au gratin   Baked chicken thigh or tofu with assorted vegetables and quinoa  Fruit salad	Couscous with vegetables and chickpeas   Beef or vegetarian meatballs in tomato sauce with vegetables     Plain yoghurt with mango 	 (France) Potatoes au gratin  Sea bass in béarnaise sauce or tofu     Strawberries with cream 	Seasonal vegetable soup  Roast turkey or vegan bites with gravy and steamed green beans  Fresh pineapple	Edamame  Fish or vegetarian sushi and poke bowls       Fresh melon
Alternative option:	<i>Hummus with crudités</i>  	<i>Cream cheese and pepper dip</i> 	<i>Vegetable ratatouille</i>	<i>Roasted pumpkin and potato</i>	<i>Miso soup with tofu and wakame</i> 
16-20 November	Lentil stew with potatoes Hake fillets with Creole sauce or diced vegan Heura with organic vegetables   Orange slices with cinnamon	Gnocchi with tomato sauce and basil   Beef in sauce or vegan meatballs with sautéed mushrooms  Plain yoghurt with strawberries 	 (Cuba) Cuban-style rice with egg  Roasted chicken or vegan bites with a Caribbean-style marinade   Fresh pineapple	Stir-fried green beans with red onion and peppers Pan-seared salmon or tofu with citrus sauce and roasted potatoes   Fruit salad	Chickpea salad with avocado and pomegranate  Thai-style pork or vegan curry with stir-fried vegetables  Mandarins
Alternative option:	<i>Roasted cherry tomatoes with feta and basil</i> 	<i>Leek and courgette soup</i>	<i>Roasted plantain</i>	<i>Carrot soup</i>	<i>Spring rolls with sweet and sour sauce</i> 
23-27 November	Lentils with coconut milk and vegetables Roasted chicken or Mediterranean-style vegan bites with chimichurri and vegetable stir-fry  Fresh melon	Aubergine Parmigiana  Cod or tofu in tomato sauce with organic vegetables   Plain yoghurt with mango 	 (The Netherlands) Pea soup Meat or vegetarian croquettes with roasted vegetables    Appelflap (traditional Dutch apple pastry)  	Whole-wheat pasta with pesto or tomato sauce     Strips of chicken or tofu sautéed with vegetables  Fruit salad	Edamame  Fish or vegetarian sushi and poke bowls       Fresh melon and pear
Alternative option:	<i>Roasted sweet potato</i>	<i>Brown rice</i>	<i>Mashed potatoes</i> 	<i>Tomato slices with mozzarella</i> 	<i>Miso soup with tofu and wakame</i> 
30 November	Chickpeas with spinach and turmeric  Chicken or seitan Milanese with mixed salad     Fresh pineapple				
	<i>Pumpkin and carrot soup</i>				
A daily salad and vegetable buffet is available, featuring home-grown produce from our school garden. Bread varieties, including rye, spelt, wholemeal and oat bread, are served with meals.  A vegetarian menu is available daily. There is a daily fruit option for dessert.					
Sonia Torres Abascal Dietista-Nutricionista Nº de Colegiado: IB-0029			Please note that these menus have not been adapted for specific food allergies, intolerances or medical conditions. A healthy, varied diet at home is also important to ensure balanced nutrition.		